

QC

EVENTS:

Everything you need to know to entertain your family this week in Regina **P. 20**

SHARP EATS:

Make these best-selling quinoa pumpkin muffins at home **P. 26**

WINE WORLD:

A South African pick Pinot Grigio fans will enjoy **P. 27**



MUSCLES BOUND FOR GLORY

WHAT MAKES SCOTT CUMMINE
THE STRONGEST MAN IN TOWN? **P. 6**

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#KENNETH D. REIMER

Enjoy an adventure through time in Zero Time

"Thirty years from today a beautiful young artist will take a job at the Multiverse Toy Company. She will start packing off her student loans; she will fall in love; and she will begin to travel through time."

Inexpensive office slights at unexpected times and in unusual forms. For my new novel, *Zero Time*, inspires both, arrived unexpectedly several years ago after I had just admitted to my wife that my creative fiction had run dry.

Randomly, I stretched out in bed, and as my hand hit the pillow

a cascade of ideas flooded into my mind. It felt as though someone was holding an upside-down pitcher of liquid creativity and pouring it through an invisible opening in my forehead.

Along with swirling images, I scribbled, from bed and spent the past frantic hours scribbling down the story as it unfolded in my imagination. The lovers, Alex and Spencer, the enigmatic Golden Child, and the horrific Top — they were all there, fully formed. If only I could capture them on paper before they vanished back into the mist.

The result of that surprising moment of creativity has now reached publication. The journey of *Zero Time* is straightforward. In the near future the employees of a toy company stumble upon a dusty box wrapped in packing tape. When they open this box, they discover an oddly sleek mechanical monkey that allows them to travel through time. While using this toy one of their team witnesses a terrible truth and spirals into madness. He flies into the past and into our present time.

His companions are compelled to track him through an increasingly dangerous space-time continuum where their efforts are subverted by a mysterious stranger from the farthest region of Zero Time.

Although *Zero Time* is a novel of time travel, its central concern is the characters rather than the science. It is an examination of how ordinary people respond to extraordinary circumstances. Recently, one of my readers admitted to me that she usually does not like science fiction, then she added, "but I really enjoyed this story. It doesn't matter that it's an escapist fiction, I think anyone would like it."

Give yourself the gift of adventure; let *Zero Time* take you on a journey through time and the imagination.

Zero Time can be purchased directly from Amazon.ca (or Amazon.com) in either book or Kindle formats. This good people at your local bookstore can also easily order a copy.



Kenneth D. Reimer



March Meltdown

Trade show and Craft sale
Eagles Club Hall • 1600 Halifax St.
Sunday March 29th, 2015 • 12:30-4:30 PM

Check out a variety of vendors all in one place.

Something for everyone.

FREE ADMISSION

For more information contact Denise 306-948-4474 or email: dbrazeahow@csknet.net

Debt Problems?

FREE Consultation
306-525-DEBT

freshstart.deloitte.ca



Laurie MacGregor,
Leahann Mann, Rachelle Scott,
2103 - 11th Avenue
Calgary, Alberta
T2G 1K1

Resident Trustee in Saskatchewan
408 120 1st Ave S
Saskatoon, SK S7N 1E3

Deloitte.

Music on the Road

Regina Symphony Orchestra Chamber Players

and
Youth Ballet Company of Saskatchewan

APRIL 1 at 7:50 PM

Mae Wilson Theatre

117 Main Street North

\$20 **\$20**

Buy tickets today

BUY TICKETS TODAY

Master Card, Visa, American Express, Debit

www.musicontheroad.ca



Listing or selling
your home?
Let me help you!

Experience in
Construction, Renovation,
Staging & Decorating



DEBBIE BRAZEAU REALTOR
306.530.4538
debbie@irealty.com

L.E. REALTY

INDEX

ON THE COVER P. 6



Scott Cummins has been dominating a strongman circuit he was 30 He has won the Western Canada strongman competition six times and has twice competed in the international strongman championship. QC PHOTO BY DON HEALY

TABLE OF CONTENTS

READYMYBOOK — 2

Enjoy an adventure through time in Zero Time

IN THE CITY — 5

A moment in time: Photographer Michael Bell's shot that defines the week

ON THE COVER — 6

What makes Scott Cummins the strongest man in town?

EVENTS — 20

What you need to know to plan your week
Send letters to: qc@leaderpost.com

CROSSWORDS/SUDOKU — 24

OUTSIDE THE LINES — 25

A weekly colouring creation for kids of all ages by artist Stephanie Minkley

SHARP EATS — 26

Musik's three best-selling quinoa pumpkin muffins at home

WINE WORLD — 37

A South African pick for Pinot Grigio fans

SHARP EATS P. 26



Pumpkin muffins made with Quinoa which is grown in Saskatchewan near Kamnick. Quinoa is a complete protein source and provides a nice essential amino acids. QC PHOTO BY MICHAEL BELL

QC COVER PHOTO BY DON HEALY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1554 Park St., Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief.

For advertising inquiries contact 381-6521; editorial 1-855-688-6557; home delivery 381-6522.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.
The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-688-6557.



MARCH MADNESS

Continues

**MARCH 2015
LEXUS & TOYOTA
FINANCE RATES
AS LOW AS 1.9%***
*SEE DEALER FOR DETAILS



**2008 LEXUS ES
\$17,900**



**2014 SCION XD
\$17,900**



**2013 LEXUS GS350
\$46,900**



**2014 TUNDRA
\$36,900**



**2014 SIENNA
\$32,900**



**2014 CAMRY LE
6 TO CHOOSE FROM
\$19,900**



**2014 LEXUS ES350
\$39,900**



**2013 TACOMA
\$31,900**



**2015 LEXUS IS350 F
SPORT AWD
ONLY 500 KM'S POT. PAID
\$52,900**



**2014 CAMRY XLE
NEW LOADED POT. PAID 1400 KM'S
\$29,900**

OTHER QUALITY PREMIUM USED VEHICLES



**2014 MITSUBISHI RVR AWD
\$23,900**



**2013 JEEP WRANGLER
UNLIMITED 4x4
\$34,500**



**2014 NISSAN ROGUE
\$25,900**



**2012 ACURA MDX
\$38,900**



**2014 PATHFINDER
\$33,900**



**2013 TOYOTA VENZA
\$28,900**



**2013 DODGE RAM
3500 4LT DIESEL
\$45,900**



**2014 VW JETTA
\$16,900**



TAYLOR
LEXUS TOYOTA

TAYLOR'S USED VEHICLES
605 BROAD ST. REGINA, SK
(306) 569-8777
DL# 015804
www.taylorstoyota.ca

IN THE CITY

■ MARCH 22, 2015 — 12:34 P.M.

Dancing with the stars



Kawawachum-Pedersen (right) performs in a boy's traditional dance during Spring Fire 2015 at the Jalen Club in Regina. (photo by MICHAEL BELL)

ON THE COVER

I think anything's possible. That's how I survived doing so bad for so many years was just knowing it was possible. — Scott Cummine

STRONGMAN COMPETITION

Perseverance, positivity are Cummine's strengths

By Ashley Martin

"It's a sport where you don't make any money, there's not really any fame, there's not fortune, so you have to just do it because you enjoy it."

— Scott Cummine

The tendon snaps. A 400-pound steel log clatters as it hits the floor. Scott Cummine bears the brunt of both.

It's early January and strongman competitor Cummine is at Adrenaline's gym training for log press.

He smiles, it looks easy: hoisting the 10-inch diameter log above his head from the ground in five seconds.

The log obstructs his face as he brings it back down to shoulder height.

His left foot hitches.

His leg buckles.

His posterior tendon, which attaches the knee-cap to the shin bone, can't take the weight.

"Usually when I tear a muscle I can only hear it in my head and no one else can hear it, but the tendon is so thick. My knee cap was up and floating around in the air," says Cummine, who started strongman 12 years ago.

"An injury is just a wrong step away."

And this one was caught on video.

No one ever gets their on tape like that," he says. He laughs about it when he could just as easily cry. But Cummine is not one to feel sorry for himself.

"It would be easy to quit after this. It's really painful to come back, but there's a lot harder things in life."

Cummine, the strongest man in Western Canada six years running, is progressing ahead of the curve in physiotherapy. He's pushed himself further than he's supposed to in recovering.

He hasn't stopped training.

"This leg is hurt but I still have three months on down," says Cummine, a freewheel club-faker. "Unless I'm in a full-body cast, there's still something you can actually do."

He began to be in shape for the Western Canada's Strongest Man competition on July 4 in Regina.

This is the worst injury he's had in over a decade as a strongman competitor but it's not the only injury.

He's been a hamstring tear, times just last summer. He has torn his left hoop triceps, his right quadriceps and left calf, once each. Those are just the big ones.

"There's always minor aches and pains. My body isn't supposed to carry 1,000 pounds," says Cummine, 31, who works at the Regina Convention Centre.

"You're doing things on a regular basis that you probably shouldn't be doing," adds John Kling, a 36-year-old strongman athlete who trains in Saskatoon. "Injuries happen and you can't be naive to this sport."

He's been lucky. In almost five years of strongman training, he's been injury-free.

Continued on Page B



Scott Cummine at the Adrenaline Personal Training facility in Regina. Cummine has been dominating a strongman since he was 19. GC PHOTO BY DON HENRY

Spring Home Show

Presented By
HARBOUR LANDING
a community by dream!!

March 26 - 29

Thursday, March 26
Friday, March 27
Saturday, March 28
Sunday, March 29

3pm - 9pm
1pm - 9pm
10am - 8pm
10am - 5pm

Canada Centre Building - Evraz Place

Admission
Adults, Seniors, Students \$11
Age 12 & Under Free
Two Day Pass \$18

(one pass per person)

Free Parking
Thursday - \$100 off admission

Feature Presenters



Jo Alcorn
Interior Designer
HGTV's
Critique Listing



Garion Arthur
Landscape Designer
HGTV's
Critique Listing



Paul LaFrance
HGTV's
Custom Built

2 Major Door Prizes
Totalling

\$70,000

2 Lucky Winners



Backyard Package
Gift Certificate



Custom Window
Covering Package



Disposal Gift
Certificate



Kitchen Granite
Countertops



Bathroom Vanity Finishing
& Tub Surround Package



Zero Maintenance Deck
Railing Gift Certificate



Spray Foam Insulation
Gift Certificate



Bathroom Cabinetry



Vinyl Fence &
Gate Package



TV & Internet
Gift Certificate



20 Piece Premium
Knife Set



Deluxe Sports
Storage System



Shed Package



Landscaping &
Lawn Care
Gift Certificate



Porcelain Tile Package



Control 4-Outdoor
Lighting
Control Package



Deluxe Garage
Floor Coating



Residential
Duct Sealing



Bathroom
Vanity Package



Natural Gas BBQ



Ceramic Quartz
Kitchen Countertops



Ames Kitchen or
Bathroom Backsplash



Vinyl Fence & Gate Package



Krazy Klay's Gift Certificate

www.reginaspringhideshow.com

You come in with all the intensity and there's a crowd there and you're a really good lifter at the gym and you feel like you're going to do really well but you're just not ready for the level of competition. — John King



Strongman competitor John King lifts a 45 kg (100 lb.) log pins at Synrgy Strong gym in Saskatoon. QC PHOTO BY MICHAEL TREMPER

"I'm not going to stop competing because I'm worried about maybe sometime in the future I'll be in your knee or have a disc or something like that. That'd be a pretty lame outlook on life."

Strongman is unlike other sports because you're more in training. Camanche does heavy lifting about three days a week and spends other days doing other activities — swimming, riding a bike and cross-country.

King trains three days a week for these heavy lifts.

That's because, for example, carrying a 400-pound "axman" in each hand puts immense pressure on the knees and spine. Camanche only practices that event every couple of months. Strongman is 36 events, other equally arduous events include Atlas stones (King's best event — lifting stones weighing upwards of 250 pounds onto high platforms), the super yoke (King's worst event — walking while carrying a weighted bar across the shoulders), the car walk (Camanche's worst event — running Ford F150s, strapped into a straggled down car

and walking it along a course) and the truck pull (one of Camanche's best events — pulling a truck by hand down a course as quickly as possible).

Learning to manage adrenaline is part of the training.

"If your heart rate's at 160 beats per minute during a dead lift and it's doing that for an entire show, you're going to have a heart attack," says Camanche, who can dead lift 900 pounds.

To carry a 400-pound shield for 100 feet or more, you need low adrenaline for even breath

ing and a low heart rate. You get into "the zone," like a meditative state.

"I don't feel any pain or my lungs burning. It's kind of euphoric. And when it's done it's kind of like, 'Wow, what happened?'" says Camanche.

"People think that strongmen, you have to be really fired up and psyched up and some guys are but it's really the opposite. You have to be really relaxed and very calm — because it takes as much focus to do that all the time, adds Camanche.

There's always minor aches and pains. My body isn't supposed to carry 1,000 pounds
— Cummine



Scott Cummine won the Western Canada strongman competition on lives, doing activities like dirt fly and truck pulling, and has just competed in the international strongmen competition. GC PHOTO BY ADAM WILSON

♦ ♦ ♦ ♦

King discovered strongman while training in New Mexico. His old leagues at BWP Biltman were non-paying and invited him to watch. King was hooked.

It'd been awhile before, but as more as than other guys in university who go to the gym and read fitness magazines.

Before strongman, I would have never thought of deadlifting a cow! But "when you see something that you're really passionate about and you want to be good at, your training just totally changes. You just kind of live into it," says King. 6-foot 1 and 300 pounds.

After three months of training he entered his first strongman com-

petition in fall 2010. It was "pretty terrible."

"You think you're ready for it but you're not," says King, who works as a mining engineer in Humboldt. "You come in with all the anxiety and there's a crowd there and you're a really good lifter at the gym and you feel like you're going to do really well but you're just not ready for the level of competition. It's an extremely competitive sport."

He got "destroyed" in his first couple of attempts.

When he moved to Sudsation in April 2013, "I just got destroyed all over again because the competition here is two times what it is in the States. The athletes are significantly stronger."

There are about 30 strongman

competitions in the province.

Lately, Cummine has been helping King with his training program, which King says has improved his skill set.

"My strength and mobility and conditioning have improved, my mentality," says King, who now has 11 competitions under his belt. "My mental game during competitions is way better."

♦ ♦ ♦ ♦

Cummine was 14 years old and in Grade 9 when he decided to visit the weight room at Sheldene WO (West Oshawa). He has been lifting weights ever since.

In Grade 10 he was 300 pounds. By Grade 12 he hit 350.

"It was kind of new and I was progressing fast," says Cummine. "I think it was because no one was telling me what to do."

When he was 18, he won Polaris strongman. Marvin Padonowski competes on television at the World's Strongest Man.

"That's when Cummine decided to pursue the sport, inspired by Padonowski's speed and athleticism. Plus, he was fairly small, kind of oblate like myself," says Cummine, who is 6-foot 4 and weighs about 300 pounds. "Very small for the sport."

By contrast, the current champion is 6-foot 3 and 400 pounds.

He's enjoyed the solitude of the sport. No coaches in tell him when and how to train, no distractions to tell him when or what to eat.

"When you do fail at a year final," says Cummine.

It was a struggle to learn to mentally cope with that reality.

"It's more your own thoughts can get you down. If I didn't do good, I'd be really upset about it instead of focusing on the general interest of the future," says Cummine.

He visualizes the outcomes he'd like to see and has learned to focus on the things he can control.

"You can only progress physically for so long. I'm never going to be 300 pounds. It's only going to be 315 and 320 pounds then physically that mentally, we don't really know what the mind is capable of. So I think that's the biggest asset," says Cummine.

Continued on Page 10

I'm never going to be 350 pounds. I'm only going to be 310 and I'll plateau there physically. But mentally, we don't really know what the mind is capable of. So I think that's the biggest asset. — Cummine

"I don't know a lot of competitors. When you don't, you have to ask someone as a way to get better or as a way to quit. If you don't adopt that mindset, you're going to fail."

King is learning to do the same. "You don't come into a strong way competitors and say you're going to win," says King.

He sets small goals for himself every few months, as well as a long-term goal.

Right now, he has goals that relate to specific training — a 400-pound deadlift, 600 squat and 330 leg press (in a Feb. 9 competition he achieved a 608 deadlift and 300 leg press).

His long-term goal is to be invited to compete in Western Canada's Strongest Man, "the best of the best in Western Canada."

Cummine's goal has evolved with experience — he's done more than 70 competitions, including nine Canada's Strongest Man and 18 Western Canada's Strongest Man. He's won the latter seven times.

A few years ago, his goal was to compete in World's Strongest Man. Having done so twice, in 2012 and 2014, his new goal is to make the final.

"I think anything's possible. That's how I survived doing so bad for so many years without knowing it was possible," he says.

FOOD IS FUEL

"It's all about calories," says Cummine. "I have to have body weight in order to compete."

King and Cummine rebound on about 5,000 calories per day. They each eat a lot of meat (chicken, ground beef, fish, eggs, quinoa, potatoes and lots of greens).

"Lots of big meals that are also tasty," says King. "You can't expect to make strength gains and do all that if you're pecking food you don't want to eat. You have to have a meal plan that you actually look forward to eating."

"You can't do chicken and broccoli every three days, you'd just want to murder yourself."

Every day means cooking and planning.

Eating becomes a chore because

WHAT DO 5,000 CALORIES LOOK LIKE?

Salmon — 174 cups
Quinoa — 22 cups
Macarthur — 27 tablespoons
Chicken — 16 cups
Bananas — 42
Onion powder — 19 pieces
Potatoes — 16
Ground beef — three cups
Oats — 2.5 cups
Kale — 102 cups
Boiled eggs — 64



Strongman competitor John King carries a 375-lb (170-kg) Stone while standing toward his ultimate goal of competing in the Western Canada Strongest Man competition. QC PHOTO BY MICHELLE KING

"If I miss a week of food, I'll lose 30 pounds," says Cummine. "I just try and eat as much as I can, honestly. It sounds disgusting."

Cummine gets creative — protein

shakes are a great way to quickly consume 1,000 calories.

Before bed, he'll down 10 table spoons of peanut butter and a glass of milk.

King starts his day with breakfast at 6 a.m. — breakfast at 6:30, a second lunch at 1 p.m. — a snack at 4:30 and supper at 9.

His competitors are understanding

when he sometimes brings a plate of food into a meeting. When he misses a meal, he makes up the calories later. "That's when you go for the cheeseburger route."



GET AWAY TO MINOT!

We're ready for you.

Minot — 2015 Upcoming Events

Big One Arts & Craft Show
April 11-12

Magic City Rib Fest
June 17-20

North Dakota State Fair
July 17-25

Norsk Høstfest
September 29-October 3
Lineup has been released!



See our booth at the Home Show to register for one of the two \$500 giveaways!



**Minot State
UNIVERSITY**

At Minot State University, we pair a high-caliber education with small class sizes and a commitment to nurturing your potential. Before you know it, you've turned your what-ifs into major accomplishments. All of this at a very affordable in-state tuition rate for Canadian students entering fall 2015. Find out how at AskMSU.com



AskMSU.com

Completing a college

DEGREE

will provide an abundance
of opportunities for life.



GET AWAY TO MINOT!

We're ready for you.

Get away to Minot

The City of Minot is a great getaway destination for Canadians, and with spring on the way, it's time to start planning a trip south of the border and Get Away to Minot.

There's lots to see and do, and plenty of places to stay in the vibrant North Dakota city of 46,000 people. With the Souris River winding through the city, it's a beautiful place to visit. Featuring many parks and art attractions, a number of which reflect the city's Nordic history.

Canadians are always welcome and with more than 3,000 rooms available, accommodations are plentiful. The Minot Convention and Visitors Bureau website, www.visitminot.org, not only offers valuable coupons, it also has a searchable listing of the hotels and resorts with available accommodations, and even lists the casinos.

Shoppers can get their fill at one or more of the many shops downtown and in other shopping districts in the city or at the numerous stores at the Dakota Square Mall. After a great day of shopping, visitors can kick back at one or more of the myriad of excellent restaurants, bars and night clubs.

The Minot Convention and Visitors Bureau offers a wealth of information on the city and its many attractions and shopping opportunities. The Visitor Center is housed in a Norwegian style building located on the Scandinavian Heritage Park at 3000 South Broadway (Highway 83). The main level of the center includes local state and regional travel information, as well as a gift shop offering many North Dakota made products, authentic Scandinavian specialty goods, Norsk Hardhat items, apparel, knick-knacks, souvenirs and more.

- There's little point in shopping if you can't take it home with you, and Canadians staying more than 24 hours can take advantage of take away exemptions to the duties levied on imported goods.
- Personal exemptions do not apply to same-day cross-border shoppers.
- After 24 hours or more, Canadians can take back goods valued at up to \$300 (CAN). Alcohol and tobacco cannot be claimed. Goods must be in possession at the time of entry to Canada. If the value of the goods exceeds \$300 after a 24-hour absence, duty and taxes are applicable on the entire amount of the imported goods.

After 48 hours or more, Canadians can bring home goods valued up to \$800 (CAN) including alcohol and tobacco, within the prescribed limits set by government and border authorities. Goods must be in your possession.

After seven days or more, the maximum is also \$800 (CAN) including alcohol and tobacco products. But goods that are in possession at time of entry to Canada or can be sent later through courier, mail or delivery agency except alcohol and tobacco which must be in possession. All the goods will qualify for duty- and tax-free entry if they are declared at the point of entry to Canada.

To ensure there are no hassles at the border before leaving home, here are a few tips:

- Remember to bring proper identification. Canadian citizens must possess a valid passport, NEXUS card, Real and Secure Travel (FAST) card, enhanced driver's license (EDL) or enhanced identification card (EIC) from a province or territory where a U.S.-approved EDL/TIC program

has been implemented, or a Sensitive Certificate of Indian Status.

- Visit a Canada Customs office to identify any restrictions you may want to take to Minot from home.
- If you're driving, check with Canada Customs if you plan to change or improve any part of your vehicle. If your vehicle breaks down, the repairs must be declared at borders and you may not have to pay duty. But, if you improve your vehicle (increase its value), Canada Customs may require you to consider the vehicle Canadian.

For more information, or to request a free visitor's packet including coupons, lists of restaurants, things to see and do, and where to stay, call 1-800-364-2626 or visit www.visitminot.org. It's simply magical.

These plans were produced by Protonmedia Saskatchewan Special Projects to promote awareness of this topic for commercial purposes. Protonmedia is editorially independent to find no involvement in the production of this content.



KELLY INN

1510-26th Avenue SW Minot, ND 58701



Saltwater Pool and Hot Tub

TOLL-FREE RESERVATIONS:
1-800-735-5868
Email: minot@kellyinns.com
Phone: 701-852-4300
Fax: 701-838-1234
www.bestwesternminot.com

- 100 guest rooms with active modern, linen and bedding brands
- Priceless 5-piece suite and whirlpool tubs
- 100% non-smoking
- Hot breakfast
- Heated indoor swimming pool with large hot tub
- Manager in Reception Mon-Thurs 8-5pm
- Pet Friendly
- Adjacent to Dakota Square mall and numerous restaurants
- Free high speed internet access in all guest rooms and public areas





CANADIAN \$8500 SPECIAL
 FRIDAY, SATURDAY, SUNDAY ONLY




- Valid #1 in Minot and the State of North Dakota on TripAdvisor
- Complimentary full hot breakfast & towel
- Exclusive apartment-style suites
- Outdoor patio with grills, barbecue, the place and the get
- Free to the Minot's Pub
- A complimentary gift box, selected wine or soft drink (choice)

Valid To May 31, 2012

If it's work, rest or play, Minot's favorite place is the Noble Inn.
The perfect place to rest and your day!
 1009 20th Ave SE, Minot, ND
 701.837.1500 www.NobleInnHotels.com

GET AWAY TO MINOT

We're ready for you.

Pick Minot State for size, cost stay for the love of it

Many Canadian students choose Minot State University (MSU) because it is small and affordable – Canadian students pay the in-state tuition rate.

With a student body of 3,500, no one gets overlooked. It's truly a place to be. Seen de Heerd the university motto. The more time students spend at Minot State the more they realize they've landed at an amazing university. Plus, MSU is home at the Heartland.

Minot State University's professors know their students by name and have a genuine interest in their success. Outside the classroom, instructors are engaged in real-world professional endeavors and research projects in which they often involve students – even freshmen. Education is hands on. Whether studying nursing, technology, psychology, communications disorders, criminal justice, music, business administration, or elementary or secondary education, students learn by doing. And they get the support they need to shape the active experience to their professional goals.

Active campus and community

Minot State has a cool campus. Compact, clean and comfortable – it's as beautiful as the state as it is on the outside. It not only looks great it feels great. There are numerous campuses dispersed around campus – students probably don't even realize one of their own. Students looking for something to do will find a lot going on. If you're an athlete, student planned concerts and



Photo courtesy of Minot State University

activities, art, music, and theatrical performances along with a schedule of new 3D artist Wellness Center. The three-story building offers students numerous activities to stay fit and have fun.

Canadian students can always find comfort and great food while living on campus. Within a few minutes, there are classrooms, the Beaver Den, the Diner, the Breaks and the concert hall. Prices for the students' meals and food plans are extremely affordable. For specific details, visit msu.edu.

Mejors, meyers and more majors

It's no problem if students are undecided about their major. Minot State is a great place to explore options before settling on one of 60 majors. MSU also has an excellent track record for preparing students for advanced study in medicine and other health professions. Its education, physical education, computer science, athletic training and communication disorders programs are some of the best. If graduate school is in their future, students can look out Minot State's master's degrees, too.

Recognition

Minot State University has been ranked as being a top choice for Canadian students. Its home state of North Dakota was selected by TIME magazine as the top state for overall well-being in a 2014 report that measured health, wealth and happiness. Everyone at MSU is so nice, but it was nice to receive the recognition.

NCAA Division III

Minot State's 14 athletic programs compete in the Northern Collegiate Athletic Association (NCAA) Division III and the Northern Sun Intercollegiate Conference (NSIC). Which is it? Is the volleyball court, basketball field or the boardroom. Minot State University graduates are contenders. MSU's athletic teams compete in baseball, softball, volleyball, basketball, track, cross country, golf, soccer and wrestling.

You're invited

Canadians are invited to visit the university tour the campus, talk to professors or current students and find out about scholarships and tuition rates. In MSU it's not right if it's not in the heart. Students make that big decision. MSU does everything possible to ensure they receive a superb education and have an amazing time doing it.

To arrange a visit or learn more about Minot State University, visit msu.edu or call 800-777-0250 or check out Facebook. You will love what you see.

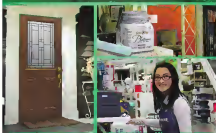
Submitted by Minot State University

MENARDS®

Dedicated to Service & Quality™



Whether it's switching out a door, remodeling your kitchen or giving your house's fresh coat of paint, we have a great selection of high-quality name brand merchandise with the tools, materials and supplies you need to get any project done!



**BUILDING MATERIALS | HARDWARE | MILLWORK | PAINT
ELECTRICAL | PLUMBING | FLOORCOVERINGS**

GET AWAY TO MINOT! We're ready for you.

Upcoming Events

Mar. 27-29

State Amateur Basketball Tournament
Minot State University Auditorium
Central Campus, Grand International

Mar. 27

Minot Curling Club Skirts/Stone

Bonspiel
Minot Curling Club 1900 State
Freightways, 12-6 p.m.

Largest curling bonspiel in North Dakota, with more than 40 teams from U.S. and Canada. To enter email@minotcurling.com or call 708-838-3452. Entrance limited.

Mar. 27 and each month

Twisted Valley Rangers Cowboy Action Shooting Match
Minot Rifle and Pistol Club, 62nd St. NW
Registration of noon, matches at 1 p.m.
\$15 age 17 and older, \$25 barely ages 12-16 (not with paid host). Cowboy rifles required. email@twistedvalleyrangers.com/events.html.

Mar. 29-29

44th Annual Minot Gun Show
North Dakota State Fair Center
Mar. 28, 9 a.m. to 5 p.m.; Mar. 29, 9 a.m. to 3 p.m. \$5
The Minot Rifle and Pistol Club presents the 44th annual show.

Apr. 2

Barney Walk
Downtown, 10 a.m. to noon
Children visit downtown businesses to fill their Easter baskets.

Apr. 2

First Thursday
Downtown
Many stores stay open late and offer discounts and specials.

Apr. 4

Easter Buntic
Grand Hotel, 2505 North Broadway

Apr. 4

Easter Egg Hunt
Rosecroft Park Zoo, 12 p.m.
There will be hunt areas for different ages with great prizes.

Apr. 10

Knight for a Princess Father/Daughter Dance
Grand Hotel
2505 North Broadway, 8 p.m. \$25
Minot Optometrist Club hosts the 2nd Annual Knight for a Princess Father/Daughter Dance, including meal and dancing. Limited to 200 people. For tickets, contact Jason at 703-245-2034 or Scott at 708-720-4062 or send a message through Facebook.

Apr. 10

Swing Into Spring Concert and Dance
Grand Hotel, 2505 North Broadway, 7:30 p.m.
Minot Public School Foundation presents a musical program by the Minot Community Concert Band, followed by hard-core dancing and more music.

Apr. 11

Marlin Muskegadee
Grand Hotel, 7 p.m. \$60
Companions for Children hosts the 2nd annual fundraiser, including market, trading, appetizers, identify/eye auction and more. Tickets are limited to \$60. 10 a.m. Mar. 14 at Mary Mc Biddel. For more information, or to sponsor or donate items, call 703-838-5784 or email children@marlin.com.

Apr. 11-12

Big One Craft Show
North Dakota State Fair, 4 H Hall
For more information, contact Stacy Frank, 703-720-2821.

Apr. 11-12

April Vendor Show
Savans Bar and Restaurant at the Vegas Motel, 10 a.m. to 5 p.m. Free admission. Numerous vendors.

Apr. 18

Pyrene Warrior Auction
Holiday Inn, 6 p.m. \$25
To raise money for Minot Air Force Base complex base, featuring a silent and live auction. Fun and food.

Apr. 11-12, May 2

Minot Flea Market
North Dakota State Fair Center, 17A Hall
Admission \$1, children 10 and under free. Visit Facebook or email@minotflea.com for more information.

Apr. 18

Minot's Got Talent
First Assembly of God Church
2825 2nd St. S.E., 6 p.m.
Minot Youth for Christ hosts an evening of songs, music and various performances. The public is invited.

Apr. 24-25

Pool and Spa Show
North Dakota State Fair, 4 H Hall
Fri. 10 a.m. to 5 p.m.; Sat. 10 a.m. to 7 p.m.; Sun. 10 a.m. to 6 p.m.

It's not a mirage.
It's your oasis 4 fun.

4 BEARS CASINO AND LODGE IS REAL PARADISE. EXPLORE A BRAND NEW GAMING FLOOR, LUXURY ACCOMMODATIONS, VIEWS OVERLOOKING THE VIEWS OF LAKE SAKAKAWA, GOURMET DINING, A MODERN RV PARK, MARINA, YACHTING, FISHING AND GOLF. IF BEING IS BEHAVING, COME SEE FOR YOURSELF.

4 BEARS
CASINO & LODGE
4 MILES WEST OF NEW TOWN

800.294.5454
4bearscasino.com

GET AWAY TO MINOT!

We're ready for you.

Pure scandimonium

With the spring thaw in the air, there's one reason to look ahead to fall — NorskHedfest — and with this year's musical line-up now announced, it's time to plan ahead.

Norsk Hedfest, North America's largest Scandinavian festival, is held in Minot each fall to celebrate the culture and heritage of the five Nordic countries of Denmark, Finland, Iceland, Norway and Sweden.

Tens of thousands of people from around the world come to the Magic City to enjoy world-class entertainment, authentic Scandinavian cuisine, displays of Scandinavian culture, handcrafted Norsk merchandise and a fine dining establishment featuring guest chefs.

The festival is held on the North Dakota State Fairgrounds, with all music events taking place in the Great Hall of the Vikings.

Tickets go on sale at 8 a.m. Mon., May 26. General admission to the festival is \$30 for adults, \$10 for ages 13-17 and free for children ages 12 and younger.

New this year is the \$90 Day Pass, which includes admission to both Great Hall shows for the day, upgrade to VIP Day Passes for \$120. Regular tickets for Great Hall of the Viking concerts are \$42 for reserved seating and \$82 for VIP seating, which is closer to the stage. All Great Hall tickets include first general admission to the festival for all day access during the day of the concert.

To order, visit <http://hedfest.com/ticketpackages> or call the box office at 701-852-2888. More information is also available at hedfest.com.



Photo courtesy of Norsk Hedfest

Musical events initial line-up

(All music events take place in the Great Hall of the Vikings)

Sep. 25 7 p.m. Abecedarian and the Minot Symphony Orchestra	Oct. 1 1 p.m. Merly Shatt with special guest Conner Smith	Oct. 2 7:30 p.m. Merlekin Melchior
Sep. 26 1 p.m. The Swan Brothers	Oct. 1 7:30 p.m. Delic Thunder	Oct. 3 1 p.m. The Beach Boys
Sep. 26 7:30 p.m. Jeff Foxworthy	Oct. 2 1 p.m. Boomer Mixup — The Finest Hour	Oct. 3 7:30 p.m. The Band Perry

- Free Hot Breakfast Buffet
- Free Laundry
- Onsite lounge
- Pet friendly
- Fully Equipped Kitchens in Every Room

Spring Forward Sale

\$99.00 with coupon

sourirvalleysuites.com

890 37th Ave. SW Minot, ND

701-852-7300

sourirvalleysuites.com

ENJOY MORE



Photos with the Easter Bunny!

Now through Easter • Located near the Play Area
Visit ShopDakotaSquare.com for complete details.

Spruce up your spring wardrobe
with great fashions from:
Buckle • Chico's • The Children's Place
Famous Footwear • maurices • Old Navy
Victoria's Secret

REFRESH!

at Dakota Square Mall



Dakota Square Mall is excited to refresh your shopping experience this year with a multi-million dollar renovation. Visit our website often for photos and details about our progress.

We're open for business as usual!

**Dakota
square
MALL**

Located off West Hwy 2 & 52 Bypass & 16th Street SW
701-839-7500 | ShopDakotaSquare.com

GET AWAY TO MINOT!

We're ready for you.

It's the big one!

Spring into Minot for the Big One Art & Craft Fair which features a wide selection of hand made products from across the United States. The first craft show of the season may also be the biggest. With more than 150 exhibitors displaying their wares. One of the main draws has led throughout the year is the Minot Spring Show set attendance records in the last two years. Numbers for last year's fall show were even higher, almost 10,000 people visited that show to stock-up on autumn and Christmas crafts. The arts and crafts shows are also held in Fargo and Bismarck in December. Last spring, attendance was just under 6,000 at 5,800" said Stacy Frank, who along with wife Lisa organizes the show. "So those were the two highest attendance records we had for a spring show. That was really great to hear."

Thank you the attraction is the fact that this show features solely on

products created by hand that represent the true craft industry. What's unique about our shows versus a lot of other shows, we require exhibitors to have handmade items by themselves. That's why people keep coming back, and back and back," he said. Part of the reason for the show's recent success is also a result of the Minot and area's strong economy. The volume of people coming through the doors because of the influx of population around here has been very strong. The economy is still strong, regardless of what the oil prices are doing, still going gang busters around here. People have money and are still spending money.

Some of the items available for sale are handcrafted wood furniture and decorative pieces, glass, jewelry, pottery, jewelry, felt, amigurami, toys, numerous baby items, rugs and other home decor, clothing, handmade soaps and lotions and, of course, a whole lot of beautiful foods including baked goods, soups, dips, jams, jellies, breads, entrees, spices, candies and desserts.

Use the attendance, many of the exhibitors also return year after year. But that's not to say there's nothing new. "We always get a new 20 to 25 percent new vendors each year so it's always new products and fresh new looks. There's a good mix of new vendors and new products. It's just amazing what people contribute and make," Frank said.

The 24th annual spring show in Minot will be held at the North Dakota State Fair Center Fri. Apr. 10 from 10 a.m. to 7 p.m. and on Sat. Apr. 11 from 9 a.m. to 5 p.m. Admission is \$3. For more information, visit www.thebigone.biz.



Your *Grand* getaway
is just across the border

At Grand Hotel, we're here to provide our neighbors up north with the ultimate in luxury, comfort and fun—all in one convenient destination that's close to local events, shopping and more. Ask us about our special rates!

- Utilizing our universal in an updated room or suite
- Save with affordable Park 'n' Fly Rates
- Rise and shine with complimentary breakfast
- Make a splash in Minot's largest outdoor pool area
- Enjoy a specialty martini or scotch at Luxe Lounge
- Indulge in a delicious dinner at Primo restaurant

Plan your Grand stay today!

1-855-8-Discover-NC 777 • 1-800-361-5600
701-812-2141 • 701-735-1193 • GrandHotelNC.com



Stay
PRODUCTIVE

Bring in this ad and receive

\$109/night low fee

In a King or Queen room's
satisfying stay
No facilities without your
reservations and a 100%
no-cancel policy

Feel refreshed.

- Free high-speed internet access
- Complimentary parking for the first three vehicles
- Business Center
- Fitness Center

Country Inn & Suites by Carlson

Minot, ND

1390 15th Avenue SW

Minot, ND 58701

or 1-800-361-5600

extending your stay is always an option



MINOT SPRING SHOW

The 24th Annual Spring Art & Craft Fair

April 10th & 11th, 2015

North Dakota State Fair Center

Hours: Friday - 10 a.m. - 7 p.m.

Saturday - 9 a.m. - 5 p.m.

\$3 Admission

www.thebigone.biz

GET AWAY TO MINOT!

We're ready for you.

Come celebrate!

The North Dakota State Fair marks its 100th anniversary this year and everyone is invited to join in the celebration.

The award-winning event runs from July 17 to 25, featuring everyone's favourites — from the spectacular shows and exhibits, to the rides and food concessions. Last year, the fair won 13 first place, five second place, and two third place awards of Excellence from the International Association of Fairs and Expositions (IAFFE).

It all begins at a lively kick-off event at Minot, way back in 1929 and continued as an annual fair until promoted to State Fair by the North Dakota Legislature in 2003. From that humble beginning, the fair has grown to encompass over 100 attractions on its 154 acres. The only place that there has not been a fair was 2011, due to the devastating South Dakota flood. But the fair came back better than ever, setting attendance records in the two years following the flood hitting its highest level at 202,483 in 2012. That's a far cry from the 152,769 people who visited the fair in 1919.

While growing in both size and attendance, the fair remains true to its roots: continuing to promote the state's primary industry — agriculture — with



Photo courtesy of the North Dakota State Fair

a wide range of exhibits and events devoted to farming. That emphasis will continue this year along with all the fun and food attractions that fair-goers love. Add to all that a birthday celebration and 2013 could well be yet another banner year for the North Dakota State Fair, so come on down and join the celebration!

For more information, visit www.ndstatefair.com

Rib-ticklin' fun

By Carol Todd
L-P Special Projects

The Magic City of Minot will host a new hot smacker, rib-fest, next this June — the Magic City Rib Fest.

The festival will feature two fun-filled days of food and entertainment at the North Dakota State Fair grounds from June 18 to 21. The whole family is welcome: kids, teenagers, families. It's a four-day of great music, barbeque ribs and fun for the entire family. And it's really focusing on this event to be really family friendly, so everybody can come out and enjoy it.

The timing is perfect: just after the end of the festival taking into the gap between the end of school and the start of the North Dakota State Fair in July. "We've got a beautiful facility, a world-class facility with the North Dakota State Fairgrounds. With the blank space between the end of school and the State Fair, it was an opportunity to lend an event — and what better than barbeque ribs, beer and music," she said.

Many of the details remain to be finalized, but the local band is already in place. The Thursday night entertainment has not yet been agreed. But there's one entertainment in place for the first of the event: Friday night will feature Hooters, a fast-food homage to some of the 1980's arena acts like Van Halen, Kiss, Mötley Crüe, Queens and Aerosmith. On Saturday night, Red Hot Chili Peppers, a great band in 1980's, the Voice and a native of Minot, North Dakota, will perform.

Ross said they're cooking up something special for Father's Day on June 23. "We've got a full day of ribs and racing. What better way to honour your dad than to draw him a rib of ribs and take him to Spirit Car Racing at Varsity Speedway," he said, pointing out the outdoor bar with walking distance of the fair grounds.

Programs can learn more at the Regina Spring Home Show and get more information online at www.magiccityribfest.com and on Facebook Magic City Ribfest.

WELCOME CANADIANS



SLEEP INN
Inn & Suites
BY CHOICE HOTELS

ROOMS AVAILABLE
CALL NOW!

Same Great Rates...Same Great Service

**Minot's
#1 Hotel
10 Years
in a Row!**

**176
Rooms**
(All Rooms Refurbished)



• Family Vacations • Weekend Getaways

- Attached to Dakota Square Mall
- FREE Deluxe Breakfast
- FREE Parking and Airport Shuttle Daily!

- Gift Shop Includes:
 - 85 Stores
 - 9 Theatres
 - 21 Restaurants

**1-800-SLEEPINN
1-701-837-3140**

MINOT, NORTH DAKOTA - USA

**HURRY!
CALL NOW!**

EVENTS

MUSIC

Wednesday, March 23

Wednesday Night Polka: Brian Ruggieri
Bashmaker, 2205 Dewdney

The Once, Sarah MacDougall
The Artisan, 3627 13th Ave.

The Ailes Gravel
Lozoff's Tavern, 2336 Albert St.

Jam/Dan Stage
McNally's, 3236 Dewdney Ave.

Thursday, March 24

Tickets concert series
Gunter, Majestic, Son Howler, Josh Gonzalez, Andria, An
Artful Dodger, 1631 13th Ave.

Celbik-Firefly
8 p.m. The Club at the Exchange
3631 Eighth Ave.

Live music
Pat Dodge, 1631 13th St.

Leah Her Cohen
McNally's, 3236 Dewdney Ave.

Black Hydr
The Pump, 661 Victoria Ave E

Plane Bar
Artful Dodger 1631 13th Ave.

Friday, March 25

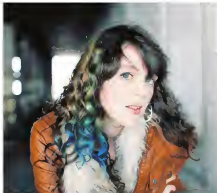
Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre, 3075 Dean Dr. Call Mike, 306-596-3393.

Amaia, Ciarra, Ryan Boldt
The Exchange, 3631 Eighth Ave.

Seismic Orchest
McNally's, 3236 Dewdney Ave.

Trick Hydr
The Pump, 661 Victoria Ave E

Pile of Bones Brass Band



Amelia Cusack is performing Friday and leading a songwriting workshop Saturday. SUBMITTA PHOTO

Mardi Gras party
The German Club
1327 St. John St.

Roots & Heals
Artful Dodger 1631 13th Ave.

Saturday, March 26

Amaia Cusack songwriting workshop
1-3 p.m. Creative City Centre
1843 Hamilton St.

Big Bash Jam session
Featuring J.J. Voss, Ralph Hill, Sheila Deek, Foster Gun, Erin Kelly, Trick Hydr, Alex Kunkins, Third Degree Bino, Kurt Piers & Rhensville, Stephanie Thompson and more. \$25 includes steak dinner.
2 p.m.-2 a.m. The Pump, 661 Victoria Ave E

Open Acoustic Jam
3-6 p.m. Broadway's Lounge, 1307 Broadway Ave

Open Acoustic Jam
3-6 p.m. Broadway's Lounge, 1307 Broadway Ave

South Saskatchewan Youth Orchestra
7:30 p.m. Giesle Hall, 265 Colquhoun Ave.

Eternal Source
The Grand Mass in C Minor by Mozart, Great Aries and Chorales by Mozart.
8 p.m. Klassik Metropolitan Church, 2034 Victoria Ave.

Pile of Bones Brass Band
Mardi Gras party
The German Club
1327 St. John St.

Ruffi
Conexus Arts Centre
200 Lakeshore Dr.

Also/Inkubator
McNally's, 3236 Dewdney Ave.

Metal Meltdown 4 with
Woodline and more
The Exchange, 3631 Eighth Ave.

Byeye Melode
The Limestone, 4529 Gordon Rd.

Sunday, March 27

Open jam
Every Sunday 8-9 p.m.
MogoClub, 638 Victoria Ave.

Threshers, Hearts & Knees, Pickpocket
Artful Dodger, 1631 13th Ave.

Monday, March 28

Monday Night: Alex & Rhensville
Bashmaker, 2205 Dewdney

Open Mic
Artful Dodger, 1631 13th Ave.

Tuesday, March 31

Kareoke
McNally's, 3236 Dewdney Ave.

What you need to know to plan your week.
Send events to QC@leaderpost.com

Vol Halla, Kaffler Melrose
Coffman's, 1631 13th St.

Kareoke
Artful Dodger, 1631 13th Ave.

VISUAL ART

Joe Ruffini: Miss Anna
With a determination to pay homage to fellow artists, Ruffini has taken on the challenge of 16 female portraits. Opening Reception: March 30, 5-8 p.m. Exhibition runs March 30-April 29.
Sisto Fine Art Gallery, 2078 Halifax St.

Eric Riser: Hold Steady
March 27-April 17
Asinibolka Gallery
2266 Smith St.

Art-A-Palooza Fundraiser
Fundraiser for Common Weal and Creative Kids Saskatchewan features silent and live auction, entertainment and refreshments. Entertainment by Kieran Sample and Kaffler Melrose. March 26, 7-10 p.m.
Artful Dodger, 1631 13th Ave.

Abstract Details in Textures
A collection of 18 framed prints on archival watercolour and ink on paper. Through the camera lens, the artists have probed and explored textual elements in the everyday world to affirm, entice, tease, excite and compel us to see beyond that which is in front of us and to experience a powerful visual impression and examine more deeply the notion of materiality.

Light Playing Through Glass
Michael Feith's photographs display a highly technical and exquisite palette of light reflection through coloured glass marbles.

Until April 16: Haze Gallery, Creative City Centre, 1843 Hamilton St.

Material Girls
Works by 24 female artists of different ages, from a variety of disciplines and cultural backgrounds, using both traditional and new media, overlaid the series with bright colours and decorative motifs.
Until April 5: Dunlop-Centennial Gallery, 2331-12th Ave.

Martina Cole: Patterns of Expectation
Until April 18: Mota Gallery
706-2350 Broad St.

Moving Forward, Never Forgetting
This exhibition creates a space for intercultural dialogue and storytelling, encouraging sharing, empathy and deeper understanding of what it means for Indigenous and non-Indigenous peoples to co-exist in these territories. Until April 18: Mackinnon Art Gallery, 3479 Albert St.

Tricia Middleton: Joy is just reality with a really strong sense of purpose
An immersive installation by Montreal-based artist, Tricia Middleton. An uneasy marriage of materials and process, Middleton's practice incorporates crystals and debris from consumer culture, organic elements, landscapes from studio production, and urban/industrial and craft motifs.

Until April 23: Dunlop Art Gallery - Sherwood Village, 3479 Albert St.

Quartet
Susan Bode and Evelyn Tyler's two-person show of performative photography. Both artists use slow movements, which they animate as actors in drama that each directs and then visually records.
Until April 24, 9 a.m.-2 p.m.
Mendy to P-Hole
U of W University Club, College West Room 216

EVENTS

Persons of interest

Is this eminent publicist or private? Recorded or unrecorded? Artists or anonymous? More than ever, how we see ourselves is inseparable from how we are being seen. Art by Vancouver artist Ken Lum. Until April 3, Mechlands Art Gallery, 3475 Albert St.

Annual Salon Show

Until April 23, Art Gallery of Regina, Neil Bellwell, Chlo Arts Centre, 3430 Saskatchewan St.

Landscape and Skin Contemporary Canadian Fine Art

The Artists of Scott Nicholson Fine Arts. Until April 30, Regina Centre Crossing, 1621 Albert St.

Neutral Ground

4203-1856 South St. Open Tuesday to Saturday, 11 a.m. - 5 p.m.

Nouveau Gallery

3146 Albert St. Open Tuesday to Saturday, 10 a.m. - 5 p.m.

Children's Gift and Fine Arts

Gift and fine arts items by CM move art into Lingnan Jiang and Huxia Tian. 2313 South St. Open Monday to Saturday, 10 a.m. - 5 p.m.

#COMEDY

Fluxus The Hit

March 27, 8 p.m. The Club at The Exchange, 3431 Eighth Ave.

The Laugh Shop

Live stand-up every Saturday

night, 9:30 p.m. Remede Hotel, 1688 Victoria Ave.

#PERFORMANCE

Kilby Club presentation

Spoken word, songs by Moe Clark, storytelling by Shaanoun Fata and songs by Eden the Cat. March 26, 7:30 p.m. Creekside City Centre, 1843 Hamilton St.

Fusion Project 2015

March 25-28, Globe Theatre, 1801 Scarth St.

The King Road

Directed by Joey Tremblay. March 25-28, 7:30 p.m. 12 of 13 Theatre Centre University Theatre.



Joe Felton has a new exhibition opening Thursday at Stiles. QC FILE PHOTO BY TONY RUSSELL

942 Park St. Regina 306-757-9443
www.AquaticsAndExotics.ca

- Fresh & Sun Water Fish Corals
- Aquariums & Lighting
- Fish & Marine Products
- Reptiles, Aquarials and Invertebrates
- Reptile Supplies

CUSTOM BUILT AQUARIUMS AND TERRARIUMS

Aqua C Like us on Facebook for your chance to win a P.A.E. gift card!

CALL THE PROS FOR A FREE ESTIMATE

20% OFF UNITS

I.G. 20% OFF UNITS

DUAL • TRIPLE • LOWE • ARCON

WE CAN HELP

MANUFACTURERS OF • BLINDS • REAL • SHUTTER • REAL • UNITS

104 Quebec St Regina, Sk. | 306.545.3990
www.glacierglass.com

MUTCHMOR LODGE

Seniors Live for Less
 A safe comfortable environment including:

- Suites and individual rooms
- 5 Nutritious meals and snacks served daily
- Assigned dining room seating
- Light housekeeping daily
- Weekly bed linen changes
- Staff on-site 24 hours a day
- Planned daily recreation
- Power, heat, water included
- Wheelchair accessible

Units available now As low as \$1,352.00 per month

Visit us at:
328 Century Crescent
 Regina, SK S4T 6M1
 Phone 306-352-8034 Fax 306-522-7119
 Email mutchmor@asktel.net www.mutchmorlodge.com

EVENTS

36-Hour Playwriting Competition
www.36hourplaywriting.com to register
March 27-29, Queen City Hub, 1843 Hamilton St.

Steele Night
8:30-10:30 p.m.-8:15 p.m.
Royal Canadian Legion, 1620 Cornwall St.

Dinner Club
Four-course meal shared by sprouts, with television later pairing. \$120/person. Call 306-545-5505
March 27, 6 to 8:30 a.m. at the Sprouts Catering, 3341 Lakeshore Dr.

Regina Farmers' Market (Indoors)
Saturday 9 a.m.-1 p.m.
2200 Hamilton St.

French Club
Come practice and improve your spoken French in a relaxed, friendly atmosphere
March 29, 10-11:30 a.m.
U of Regina Learning Institute Building room 248/Indoors

Digital storytelling workshop
In this workshop, you will create your own three-to-five minute digital story. You will live in the Cathedral area; you will also have the opportunity to have your story screened during the Cathedral Village Arts Festival. Presented by Saskatchewan Writers' Guild and Cathedral Village Arts Festival. Hosted by Catherine D'Amico. Register at skwritersguild.com/2012
March 28, 10 a.m.-4 p.m.
Sask Library, 102-1100 8th Ave.

Easter Bake Sale
March 30, 10 a.m.-3 p.m.
St. Basil's Parish Centre, 1777 Tavelia St.

Adult Artwork shooting nights and nights
Tickets, \$20, at the theater. Fetch www.bj.com
March 28, 4-9 a.m.
The Theatre Works, 2335 14th Ave.



Dr. Paul Dhillon is speaking at a fundraiser. Minister about his experiences working at a Sikh Centre. Photo: Photo by Michael Lee.

Health & Wellness Expo
March 30, 9-5 p.m.
Balfour Community Centre, 1245 College Ave.

Easter Tea
Hosted by the Regina Garden Association. Musical accompaniment by the Scott Benson Band. Tickets are \$8 and must be purchased in advance at the Conservatory. More info 306-781-4759 or reginagardenconservatory.ca.
March 23, 11:30 a.m. to 2:30 p.m.
Regina Floral Conservatory, 1500 4th Ave.

Public Lecture
Why we don't understand American politics anymore — and why they don't understand us. Presented by David B. Thelen.
March 30, 3-4:30 p.m.
U of R, 2 Research Dr. Room 210

Money Monday
The tips to minimize your tax bill, presented by Bruce O. Thompson. A free financial

educational session
March 30, 7-8 a.m.
Cathedral North-Heard Centre, 2500 13th Ave.

Book sale
Children's Hospital fundraiser by Terence Williamson
March 29, 7 p.m. to 10:30 p.m.
1010 Pegasus St.

An Ethical Experience: Stories from the Front-line
Dr. Paul Dhillon will speak about his experiences in the Henry Treen Ethics Treatment Centre in Saskatchewan this year.
March 30, 7 p.m.
Holy Rosary Catholic, 3825 13th Ave.

Chess Day Challenge
Drop-in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Rustan Plaza, 543 Albert St. W.

Lecture
The Armenians: the Holocaust and Sweden. Where Was Empathy? Presented by Dr. Ellen Kennedy. Executive

Director of World Without Goodbye at William Mitchell College of Law in Minnesota.
March 30, 7:30 p.m.
U of R IRC room 108

Children and Wine
Lecturers discuss a subject of their choosing. The only criteria is that they must have a keen interest in the subject, not that they be an "expert".
Free admission.
March 28, 7:30 p.m.
Creative City Centre, 1843 Hamilton St.

FILM

Fun screening
Experiments of Henry prominent Short comedy film directed by Lukas Fillion.
The 17th premiere directed by Bob Carlin.
March 30, 3:30 p.m.
The Aristocrat, 2027 12th Ave.

Two & One
In honor of Transgender Day of Visibility. Directed by Jennifer B. Moore. A film by Jennifer B. Moore. A film by Jennifer B. Moore.

1914, The 4th, 2317 12th Ave.

—
Mr. Turner

Drama
An exploration of the last quarter century of the great, eccentric British painter J.M.W. Turner. He profoundly affected his death of his family, loved by a housekeeper he takes for granted and occasionally exploits sexually. He forms a close bond with a woman he eventually lives in. In 1914, the 4th, 2317 12th Ave.

—
Still Alice

Drama
A linguistics professor and her family find their bonds tested when she is diagnosed with early-onset Alzheimer's disease. Her journey is a journey of loss and discovery.

Opina Public Library Theatre
2317 12th Ave., 306-777-0004

Island of Lemons: Madagascar
Documentary
John Legend's Parisia Wright on his island in Madagascar. A journey of discovery in the modern world. Directed by Morgan Freeman.

Journey to the South Pacific
Documentary
Narrative film about the Pacific. A journey of discovery in the modern world. Directed by Morgan Freeman.

Island of Lemons: Madagascar
Documentary
John Legend's Parisia Wright on his island in Madagascar. A journey of discovery in the modern world. Directed by Morgan Freeman.

D-Day 3D: Normandy 1944

Documentary
On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, gripping look at this moment in history, blending multiple cinematic techniques including animation, CGI, and live-action images.

Answer Line
2012 Peace House Dr. 306-522-0022

* NEW MOVIES

Get Hard
Comedy
When millionaire hedge fund manager James King (Will Ferrell) is convicted on fraud charges and sentenced to hard time in San Quentin, he's given 30 days to get ready for his prison stint. He turns to his lawyer Dan (Ben Stiller) for help. He turns to his lawyer Dan (Ben Stiller) for help. He turns to his lawyer Dan (Ben Stiller) for help.

Home
Family/Animation
After an alien named called the Goodies (Earth to make it) their new home, a resourceful human girl named Tip (voiced by Rihanna) leads a group of children on the road to find a way to make it their new home. Directed by Chris Wedel.

Galaxy Cinema
2400 McCarty Blvd. N. 306-522-0006

Cineplex Odeon
Saskatoon Film Centre 3025 Gensert Rd. 306-585-3383

Andrew Chen
Golden Mile Shopping Centre 3026 Albert St. 306-379-3250

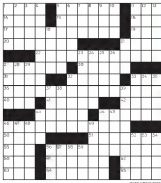
Family Film
A family film about a family. A family film about a family. A family film about a family.

#CROSSWORD

NEW YORK TIMES *Followed by Will Shortz*

ACROSS

- 5 Letters in Tokyo hotels
20. Hand's home
30. Some gas statistics
16. Pithy, laconic term in the human body
15. One requiring the veto
18. Problem as the vet target mangle
17. Multigrain breakfast cereal
19. Hot card game
20. Onetime football coach
26. Newly aware
22. One's change of act as a restaurant employee
27. One of the vowels
30. Wordless stuff
36. Lifting
32. Major Lincoln battlefield is named after leader (4-10)
33. French autumnal starter
30. Try to end just what's what at airport
42. Friend of a M. Fox
41. Artistic revival
43. Two 2001 goals
45. Tea party member of Britain
44. Holy trinity—chickens, tomatoes, cream
46. Evil responsibility for some religious camps' food
50. Cherry pie
51. Cry at an amovie
55. Back to Homer
56. Kays (people)
60. Letter after y
61. Ty
62. Beloved author (4-10)
63. Hauling
64. Baby (German band)
65. Baby mood



DOWN

1. 25. Greenwell
2. Kite's group
3. "Cloning (with) channel"
4. Balance sheet heading
5. Russian who hosted "Think if"
6. Command to flower
7. Round table title
8. Answer to a juggle
9. Wrester
10. "See off"
11. Musical black
12. Medical house
13. Hauling
14. Baby (German band)
15. Baby mood
21. Metal brawler
23. One who can't find a seat
24. Redwood
25. One James' cousin
26. Noun with a tail
27. "My, my, my"
28. "___, but" (10-15)
29. "See off"
30. Diner
31. Musical black
32. Medical house
33. Hauling
34. Baby (German band)
35. Baby mood
36. Lifting
37. "My, my, my"
38. "___, but" (10-15)
39. "See off"
40. Diner
41. Musical black
42. Medical house
43. Hauling
44. Baby (German band)
45. Baby mood
46. Evil responsibility for some religious camps' food
47. "My, my, my"
48. "___, but" (10-15)
49. "See off"
50. Diner
51. Musical black
52. Medical house
53. Hauling
54. Baby (German band)
55. Baby mood
56. Lifting
57. "My, my, my"
58. "___, but" (10-15)
59. "See off"
60. Diner
61. Musical black
62. Medical house
63. Hauling
64. Baby (German band)
65. Baby mood

ANSWERS TO 3/20/13

JANRIC CLASSIC SUDOKU

Level: Easy
Fill in the blank cells using numbers 1 to 9. Each number can only appear once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.
The difficulty level ranges from Beginner (easiest) to Solver (no clues provided).



Solution to the crossword puzzle and the Sudoku can be found on page 37.

LANCASTER TAVERN UP-COMING EVENTS

CAPITAL MOBILE
SOLUTIONS FOR YOUR BUSINESS

CAPTAIN POWLEY TRIO
CAPTAIN POWLEY TRIO
CAPTAIN POWLEY TRIO

SMARTY PANTS PUB TRIVIA
WEDNESDAY 7:30 PM
WEDNESDAY 7:30 PM

Verb BIG CHILL FRIDAYS
FRIDAY 7:30 PM
FRIDAY 7:30 PM

Coney Island Cafe

ANY MONDAY OR TUESDAY
TWO CAN DINE FOR \$29

4908 Dewdney Ave.
306-260-1711
- DINE IN -
- PICKUP

Any 2 Mithundas
and 2 Pastas

Have your Vehicle SPRING into Spring!

Spring Special
Late, oil & filter plus 90 of suspension.
\$52.95

Spring Tune-Up Package
Includes oil & filter, spark plugs, air filter, and more.
192.95

Brake Service
Includes pads & rotors, brake fluid, and more.
159.95

Scan Computers for Codes
Engines, ABS, Airbags.
90.00

Cooling System Flush
Includes antifreeze & water.
110.95

Belts and Brakes
Includes oil & filter.
60.00

Transmission Service
Includes oil & filter.
110.95

Minor Tune-Up
Includes plugs and filter.
93.95

Pro Certified Auto Service 2009 Ltd.
2505 - 4th Ave. N. • 306-359-3323

OUTSIDE THE LINES

Colouring contest

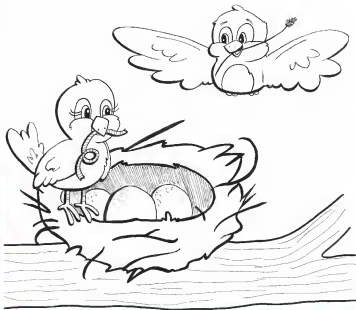
Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email to outofthelines@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Charley Shabo**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



THE ULTIMATE
Combo

with Wendy's Ultimate Canadian Combo you get it all in a Biscuit™ with lots of bacon and youtise.

VISIT US AT THESE REGINA LOCATIONS:
• 2105 VICTORIA AVENUE EAST • 205 ALBERT STREET

© 2010 Wendy's, an old-fashioned fast-food restaurant.



SHARP EATS

SASKATCHEWAN FOOD SCENE

Prairie-grown quinoa perfect for baking

By Jenn Sharp

Quinoa isn't a traditional grain to grow on the prairie, but a family from Kansas developed a variety that thrives here and is now sold across the country.

Joe Dutchenberg has himself started growing quinoa on the prairie more than 20 years ago. "Before it was popular," says Roxana Gomez, Joe's daughter-in-law.

Nanquan's quinoa is a different type than the typical South American variety sold here. Nanquan's golden quinoa has a strong nutty flavour and is high in protein and carbohydrates. It's a result of Dutchenberg's breeding program, specifically to produce a delicious, nutrient-dense grain that is adapted to growing in Canada.

Nanquan contracts growers throughout the Prairie Provinces to grow the quinoa (it grows best in the areas where it's cool and dry), which is then processed in Saskatoon. It's sold in flake, puffs, and, along with the whole grain and a crispie puffed product, are available at the retail location at 800 Millar Ave. in Saskatoon.

Quinoa is a complete protein source and provides all nine essential amino acids. The versatile grain can be used in everything from salads to cookies. Gomez likes using it for nacho rolls, too — it can be cooked to a sticky texture she experiments with it a lot.

"We eat quinoa almost every single day," she laughs.

Nanquan quinoa products are a new staple at the Riverbend Plants too, sold at the Saskatoon Farmers' Market. Owner Grace Whittington added a recipe using the flour into a best-selling quinoa pumpkin muffin. The muffins were a big hit.

"We sold out of the flour and we sold out of the muffins the first week," says Whittington. "Many of our customers at the farmers' market are often looking for something healthy and local. The muffins appeal on multiple fronts."

Whittington also operates the Prairie Praty attached to Riverbend's



Quinoa pumpkin muffins are high in protein and carbohydrates. qp photo by sarah l. stas

staff at the market. When a new product is for sale at Prairie Praty, the kitchen next door provides an ideal way to show customers what they can make with it.

Sherrin Knudsen, who works at the Prairie Praty, has Gaila Giesse and says Nanquan products have been a blessing. "The fact that it's a Saskatchewan company makes it that much better."

"Local is the new black. You should search in your backyard before you ever go outside it," she says.

In addition, the Prairie Praty in Saskatoon at the farmers' market,

Nanquan's products are sold in several grocery stores, such as Co-op, along with the Healthy Food in Regina.

For other store locations, along with recipes for using the quinoa, go to www.quinoa.com.

GRACE'S QUINOA PUMPKIN MUFFINS

Grace Whittington adapted this recipe to use less flour than the other muffin recipes she found. She likes reducing the flour so it results in a lighter, fluffier muffin.

Makes 12 small muffins or six large muffins

INGREDIENTS

- > 2 ½ cups all-purpose flour
- > 1 ½ cups Nanquan quinoa flour
- > ½ cup salt
- > 1 cup baking powder
- > ½ cup baking soda
- > ½ cup brown sugar

1. Mix together the above ingredients.

- > 1 ½ cups ml can pumpkin pie filling
- > ½ cup raisins (optional)

- > 3 large eggs
- > ½ cup canola oil
- > 1 ½ cups pumpkin kernels

2. Mix wet ingredients together.

3. Add wet ingredients to dry and blend until mixed.

4. Spoon into muffin cups. Top with more pumpkin kernels.

5. Bake at 375°F for 30 minutes for small muffins or 35 minutes for large ones.

Recipe by @lindsaywhittington
Twitter.com/riverbendplants

WINE WORLD

SASKATCHEWAN WINE SCENE

A South African pick for Pinot Grigio fans

By James Romanow

One of the wines to receive award-focused attention in this province (and indeed across Canada) is the one holding South African vines.

South Africa was making great wine long before other countries. The vineyards are almost a suburb of Cape Town these days, and were among the first farms planted by Europeans. They make first-rate reds and whites. They cook it like those style and blends, and a variety that is unique to the country Pinotage. They also make great whites and white blends like Chenin as well as the blends but if you are a little less adventurous,

you may prefer to have a varietal based on the fruit label.

Pinot Grigio has taken the world by storm in the last 10 years. Most of what people drink under that name has little resemblance to the bright, angular white that started this revolution. I have more of less given up drinking the \$18 end of the wines as they get rather marginal. Just, an interesting and exciting friend of mine, doesn't think with faint praise describing them as "average."

Nederburg is quite a reliable wine label something along the lines of a South African Jackson Triggs. They produce quite decent, and often under-rated, wines for several levels of the market.

Their Pinot Grigio is not quite a Valdicage copy being a more but fuller with higher alcohol and a touch more sweetness. On the other hand, it is a very light wine almost without colour. The bouquet is a nice citrus and the palate is bright, feeling of green apple. It keeps the more serious good grapefruit edge that lesser winemakers submerge.

If you're a PG drinker and haven't tried Nederburg, you need to.

Nederburg Winemakers Reserve 2013 \$15****

Back to the '90s in Monday's newspaper The future on Twitter @jrbone.



Crossword/ Sudoku answers



2	8	4	9	7	5	1	3	6
1	3	9	2	6	8	7	4	5
7	6	5	4	1	3	8	9	2
8	4	1	7	9	6	5	2	3
5	9	7	1	3	2	4	6	8
6	2	3	8	5	4	9	1	7
9	1	8	3	2	7	6	5	4
4	5	2	6	8	9	3	7	1
3	7	6	5	4	1	2	8	9

Prairie
KITCHEN PARTY
Fundraiser for Student Aid

A Saskatchewan twist on a Maritime favourite



Saturday, April 25, 2015

Get Tickets: www.PrairieKP.ca

University
of Regina

YEAR END INVENTORY CLEARANCE

**NO PAYMENTS
INTEREST**
for 90 days

It is our year end and we are selling everything off the walls and off the shelves. Televisions, Blu-Rays, i-Pod docks, Cellular accessories, headphones, Home and Car speakers and more. Demo models. Discontinues models. One of a kind. Prices slashed! There has never been a better time to buy!

Bose Noise Cancelling Headphones

- Quiet Comfort 3
- Over the ear
- Reg. \$350



SALE \$249

Klipsch Bluetooth Speaker

- Built-in 3.5
- 15W
- 2" x 1"
- 3" x 6"



SALE \$299

Panasonic High Definition Video Camera

- HDC-SD9
- 2.7" screen
- Light weight
- Reg. \$799



SALE \$399

Escort Passport Radar/Laser Detector

- Detects Speed Camera speed traps and red light cameras
- 9500 LX
- Reg. \$499



SALE \$588

JL 10" 300 Watt Subwoofer

Reg. \$139



SALE \$78

**SAVE UP TO 50%
STOREWIDE**

MOST ITEMS CARRY THE FULL MANUFACTURER WARRANTIES.

HOME AUDIO VIDEO

Yaso Ultra Compact Stereo System
Reg. \$1,249.95 **Sale \$649**

Klipsch Portable Wireless Speakers
Reg. \$229.95 **Sale \$159**

Klipsch KMC1
Reg. \$239.95 **Sale \$239**

Sony CBI-1 Player & Receiver
Reg. \$99 **Sale \$79**

Toshiba DVD Recorder
Reg. \$159.95 **Sale \$129**

Panasonic Bluetooth Speaker System
Reg. \$199.95 **Sale \$149**

Sealed-in Table Top Wireless Music System
Reg. \$239.95 **Sale \$149**

Sharp 5.1 Blu-ray Home Theatre System
in a Box
Reg. \$249.95 **Sale \$239**

Energy Home Theatre Essentials Kit
Reg. \$159.95 **Sale \$79**

Yamaha Digital Sound Projector
Reg. \$1,500.00 **Sale \$899**

Harman 11.2 Channel Audio Video
Pre-Amplifier/Processor
Reg. \$5,599.95 **Sale \$2,399**

Yamaha Ultra High Precision Super
Audio CD Player
Reg. \$1,249.95 **Sale \$549**

Stellar Soundproof TV Sound Enhancer
Reg. \$299.95 **Sale \$499**

Sony Portable NFC Bluetooth Wireless
Dolby Digital Speaker System
Reg. \$159.95 **Sale \$109**

Sony AC/DC Bluetooth Speaker
Reg. \$119 **Sale \$49**

Yamaha Digital Sound Projector

Reg. \$499 **Sale \$999**

Samsung 3D Blu-ray Player
Reg. \$139 **Sale \$139**

Stereo Wireless Bookshelf
Speakers with Bluetooth
Reg. \$199 **Sale \$329**

Kicker High Performance Bluetooth
Stereo Speaker System
Reg. \$149 **Sale \$199**

Panasonic High Definition Video Camera
Reg. \$299 **Sale \$299**

Yamaha Outdoor Speakers
Reg. \$179 **Sale \$99**

CAR STEREO AND ACCESSORIES

Kicker 6.5" Marine Midrange Audio
Speakers
Reg. \$99 **Sale \$499**

Clarion 7" Single-DIN Multimedia
Central Station
Reg. \$499 **Sale \$279**

Kicker 6.5" Marine Midrange Audio Speakers
Reg. \$99 **Sale \$499**

Focal 16W" Component 2-Way Speakers
Reg. \$199 **Sale \$477**

Clarion CD Receiver with HD/700MHz USB
Playback, Android Music Support
Reg. \$129 **Sale \$99**

CELLULAR

All Discounted Cell Phone Model
Accessories

Shooting at \$2

All iPhone 5/5s Accessories

Buy 1 get 1 FREE

Sony 32" Full Smart LED TV

- KDL32W650
- Reg. \$549



SALE \$399

NAD/psb Home Theatre Receiver with Surround Sound Speaker Package

- 71-channel AV receiver with 3D Blu-ray support and refined sound quality
- 7 x 40 Watt Power
- 2 - pairs of Bookshelf Speakers
- 1 - Center Speaker
- 1 - Subwoofer
- Reg. \$1999



WARRANTY \$999

Teac Retro Radio/CD with Bluetooth

- 51-0500
- Play music wirelessly through your Smartphone and Tablets
- 21 Channel • Reg. \$299



SALE \$199

Wireless Device Protection Plan

\$8 per month*



REGINA

1329 Lorne St.
525-8128

SASKATOON

1601 Quebec Ave.
664-8885

YORKTON

44 Dracup Ave. N.
782-6677



Authorized Dealer

We Service What We Sell



In-Store Service Department
Low Extended Warranty Rates.

**AUDIO
WAREHOUSE**

www.audiowarehouse.ca